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1. (Amended) A feminine hygiene pad comprising:
a main pad body having an absorbent core positioned between a cover material and a barrier layer, a rear end which in use is located in proximity to a wearer's buttocks and an opposed front end, a first face adapted to contact with the wearer's body and an opposing second face adapted to face toward an undergarment of the wearer, a main pad body thickness being defined as the dimension of the main pad body from the first face to the opposing second face, said main pad body adapted to be worn in close proximity to the vagina of the wearer;

said absorbent core being adapted to not significantly extend beyond the anterior portion of the perineum of the wearer in use;

said feminine hygiene pad further comprising a strip, said strip being substantially planar and relatively small in thickness compared to the main pad body thickness, and said strip extending rearwardly from said rear end of the main pad body, terminating at a distal end and having a length as measured from said rear end of the main pad body to the distal end;

wherein said feminine hygiene pad being configured such that said strip is adapted to be received between the buttocks of the wearer to thereby facilitate retaining said main pad body adjacent to the wearer's vagina; and
said feminine hygiene pad further comprising an adjustment means whereby the length of said strip is adjustable by the wearer.

2. (Amended) A feminine hygiene pad as recited in claim 1, wherein said main pad body is between 8 and 13.1 cm in length.

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3. (Amended) A ~~feminine~~ hygiene pad as recited in claim 1, wherein said strip is less than 1 cm in thickness.

4. (Amended) A feminine hygiene pad as recited in claim 1, wherein said strip is between 0.5 cm and 2.5 cm in width.

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and 5. (Amended) A feminine hygiene pad as recited in claim 1, wherein said opposing second face comprises an area of adhesive to aid in retaining said main pad body adjacent to the wearer's vagina.

6. (Amended) A feminine hygiene pad as recited in claim 1, wherein said feminine hygiene pad further comprises a front flap, extending forwardly from the front end of the main pad body and terminating at a distal end, said flap adapted to aid in retaining said main pad body adjacent to the wearer's vagina.

7. (Amended) A feminine hygiene pad as recited in claim 6, wherein said front flap is stretchable.

8. (Amended) A feminine hygiene pad as recited in claim 6, wherein said distal end of said front flap contains an area of adhesive adapted for attaching said distal end to said undergarment of the wearer.

9. (Amended) A feminine hygiene pad as recited in claim 6, wherein said front flap contains an area of body adhesive adapted for attaching said distal end to the wearer's body.

10. (Amended) A feminine hygiene pad as recited in claim 1, wherein said strip is flexible.

11. (Amended) A feminine hygiene pad as recited in claim 1, wherein said adjustment means is non elastic.

12. (Amended) A feminine hygiene pad as recited in claim 1, wherein said adjustment means comprises one or more loops positioned on said opposing second face whereby in use the length of the strip is capable of being reduced by looping the distal end of the strip through one or more of said loops.

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13. (Amended) A feminine hygiene pad as recited in claim 1, wherein said adjustment means comprises a ring and buckle arrangement.

14. (Amended) A feminine hygiene pad as recited in claim 1, wherein said adjustment means comprises a section of the strip, located adjacent to the main pad body, said section being folded into one or more pleats, said one or more pleats being held in position by means of an adhesive releaseably securing said section of the strip to a sheath; whereby in use the length of the strip is capable of being adjusted by releasing said adhesive, unfolding the one or more of said pleats and reattaching said adhesive.

15. (Amended) A feminine hygiene pad as recited in claim 1, wherein said adjustment means comprises an adhesive swatch positioned on the opposing second face whereby in use the length of the strip is capable of being reduced by making a fold in the strip and securing said fold to the adhesive swatch.

16. (Amended) A feminine hygiene pad as recited in claim 1, wherein said adjustment means comprises said strip containing one or more perforated lines, said one or more perforated lines extending across the width of said strip and thereby creating one or more preferential tearing lines, whereby in use the length of the strip is capable of being reduced by removing one or more sections of the distal end of said strip by tearing along said one or more preferential tearing lines.

17. (Amended) A feminine hygiene pad as recited in claim 16, wherein the distal end of said strip contains an area of positioning adhesive which, prior to use is covered by an area of release paper; and wherein each of said one or more perforated lines creates a corresponding tearing line in the release paper.

18. (Amended) A feminine hygiene pad as recited in claim 1, wherein said adjustment means comprises said strip containing one or more overlapping shingles at its distal end whereby in use the length of the strip is capable of being reduced by removing said one or more shingles.

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19. (Amended) A feminine hygiene pad comprising:
a main pad body having an absorbent core positioned between a cover material and a barrier layer, a rear end which in use is located in proximity to a wearer's buttocks and an opposed front end, a first face adapted to contact with the wearer's body and an opposing second face adapted to face toward an undergarment of the wearer, a main pad body thickness being defined as the dimension of the main pad body from the first face to the opposing second face, said main pad body adapted to be worn in close proximity to the vagina of the wearer;

said absorbent core being adapted to not significantly extend beyond the anterior portion of the perineum of the wearer in use;

said opposing second face comprising a strip attachment means;

a strip having a proximal end and a distal end, said strip releaseably attachable by said strip attachment means to the main pad body, said strip being substantially planar and relatively small in thickness compared to the thickness of the main pad body, and said strip once attached to said main pad body extending rearwardly from said rear end of the main pad body, terminating at the distal end and having an effective length as measured from said rear end of the main pad body to the distal end;

wherein said feminine hygiene pad being configured such that said strip is adapted to be received between the buttocks of the wearer to thereby facilitate retaining said main pad body adjacent to the wearer's vagina: and

whereby the effective length of the strip is adjustable by the wearer by attaching the strip by said strip attachment means at a point on the strip in between the proximal and distal ends of the strip.

20. (Amended) A feminine hygiene pad as recited in claim 19, wherein the opposing second face comprises a series of numbered gradations as an aide to the wearer in adjusting the length of the strip.

21. (Amended) A feminine hygiene pad as recited in claim 19, wherein the strip attachment means comprises an adhesive swatch.

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22. (Amended) A feminine hygiene pad as recited in claim 19, wherein the strip attachment means comprises a hook and loop fastening material.

23 (Amended) A feminine hygiene pad comprising:
a main pad body having an absorbent core positioned between a cover material and a barrier layer, a rear end which in use is located in proximity to a wearer's buttocks and an opposed front end, a first face adapted to contact with the wearer's body and an opposing second face adapted to face toward an undergarment of the wearer, a main pad body thickness being defined as the dimension of the main pad body from the first face to the second face, said main pad body adapted to be worn in close proximity to the vagina of the wearer;

said absorbent core being adapted to not significantly extend beyond the anterior portion of the perineum of the wearer in use;

said feminine hygiene pad further comprising a strip, said strip being substantially planar and relatively small in thickness compared to the main pad body thickness, and said strip extending rearwardly from said rear end of the main pad body, terminating at a distal end and having a length from said rear end of the main pad body to the distal end;
an attachment piece releaseably affixed by a positioning means to said strip at a distance from the distal end selectable by the wearer, thereby establishing an effective length of the strip as measured from said rear end of the main pad body to the attachment piece; and

wherein said feminine hygiene pad being configured such that said strip is adapted to be received between the buttocks of the wearer to thereby facilitate retaining said main pad body adjacent to the wearer's vagina.

24. (Amended) A feminine hygiene pad as recited in claim 23, wherein said attachment piece comprises an area of garment adhesive.

25. (Amended) A feminine hygiene pad as recited in claim 23, wherein said attachment piece comprises an area of body adhesive.

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26. (Amended) A feminine hygiene pad as recited in claim 23, wherein said positioning means comprises a hook and loop fastening material.

27. (Amended) A feminine hygiene pad as recited in claim 23, wherein said positioning means comprises a cohesive adhesive zone.

28. (Amended) A feminine hygiene pad as recited in claim 23, wherein said positioning means comprises two or more slits in the attachment piece, whereby in use the strip is looped through said two or more slits and secured by means of an adhesive area on the attachment piece.
